



Get "Rich" with Iron

Your body needs iron for healthy blood. Iron helps you build "rich" red blood cells.

If you don't have enough iron in your blood, you may:

- ☞ have pale or dry skin,
- ☞ feel weak or tired,
- ☞ have shortness of breath,
- ☞ have loss of appetite.

Children with iron poor blood may learn slowly. Children and pregnant women need extra iron to help them and their babies grow.



Iron Bank Deposits Tips



- \$\$ Eat a wide variety of foods every day, including iron rich foods.
- \$\$ Use meat with other foods in the same meal to get more iron.
- \$\$ Cut down on "iron blockers" like tea and coffee at meals.
- \$\$ Add interest to your account by using cast iron cookware often. It adds iron to your food.
- \$\$ Include a vitamin C rich food in your meals every day. It helps your body use the iron in foods.

Sources of Iron "Rich" Foods

beef
corn or flour tortillas
eggs
nuts

raisins
seeds
tomato juice
whole grain breads

broccoli
dried apricots
greens
peanut butter

rice
shrimp
turkey
WIC cereals

chicken
dried beans & peas
liver
prunes & prune juice
sardines
spinach
watermelon
winter squash

